

Statistics Report 01209, Cheese, Mexican, blend, reduced fat

Report Date: July 11, 2017 14:44 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	48.20	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Energy	kcal	282	2	--	282	282	1.0	--	--	1	Calculated from nutrient label by NDL	--	04/2007
Energy	kJ	1180	2	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	08/2009
Protein	g	24.69	2	--	24.69	24.69	1.0	--	--	1	Calculated from nutrient label by NDL	--	04/2007
Total lipid (fat)	g	19.40	2	--	17.64	21.16	1.0	--	--	1	Calculated from nutrient label by NDL	--	04/2007
Ash	g	4.30	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Carbohydrate, by difference	g	3.41	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fiber, total dietary	g	0.0	2	--	0	0	1.0	--	--	1	Calculated from nutrient label by NDL	--	04/2007
Sugars, total	g	0.56	--	--	--	--	--	--	--	--	Calculated or imputed	01009	04/2007
Minerals													
Calcium, Ca	mg	1146	2	--	882	1,411	1.0	--	--	1	Calculated from nutrient label by NDL	--	04/2007
Iron, Fe	mg	0.13	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Magnesium, Mg	mg	35	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Phosphorus, P	mg	583	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Potassium, K	mg	93	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Sodium, Na	mg	776	2	--	705	847	1.0	--	--	1	Calculated from nutrient label by NDL	--	04/2007
Zinc, Zn	mg	4.30	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Copper, Cu	mg	0.021	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Selenium, Se	µg	15.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Thiamin	mg	0.030	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Riboflavin	mg	0.300	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Niacin	mg	0.060	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin B-6	mg	0.084	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Folate, total	µg	20	--	--	--	--	--	--	--	--	Calculated or imputed	01009	04/2007
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2007
Folate, food	µg	20	--	--	--	--	--	--	--	--	Calculated or imputed	01009	04/2007
Folate, DFE	µg	20	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Choline, total	mg	13.5	--	--	--	--	--	--	--	--	Calculated or imputed	01009	04/2007
Vitamin B-12	µg	1.66	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2007
Vitamin A, RAE	µg	155	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	151	--	--	--	--	--	--	--	--	Calculated or imputed	01009	04/2007
Carotene, beta	µg	50	--	--	--	--	--	--	--	--	Calculated or imputed	01009	04/2007
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2007
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2007
Vitamin A, IU	IU	586	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2007
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2007
Vitamin E (alpha-tocopherol)	mg	0.17	--	--	--	--	--	--	--	--	Calculated or imputed	01009	04/2007
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	01009	04/2007
Vitamin D (D2 + D3)	µg	0.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin D	IU	14	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin K (phylloquinone)	µg	1.6	--	--	--	--	--	--	--	--	Calculated or imputed	01009	04/2007
Lipids													
Fatty acids, total saturated	g	11.580	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
4:0	g	0.720	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
6:0	g	0.420	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
8:0	g	0.240	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
10:0	g	0.520	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
12:0	g	0.560	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
14:0	g	1.880	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
16:0	g	5.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
18:0	g	2.240	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Fatty acids, total monounsaturated	g	5.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
16:1 undifferentiated	g	0.300	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
18:1 undifferentiated	g	4.470	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1	g	0.040	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
22:1 undifferentiated	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Fatty acids, total polyunsaturated	g	0.750	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
18:2 undifferentiated	g	0.570	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
18:3 undifferentiated	g	0.130	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
18:4	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
20:4 undifferentiated	g	0.030	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
20:5 n-3 (EPA)	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
22:5 n-3 (DPA)	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
22:6 n-3 (DHA)	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol	mg	62	2	--	53	71	1.0	--	--	1	Calculated from nutrient label by NDL	--	04/2007
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2007
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2007
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2007